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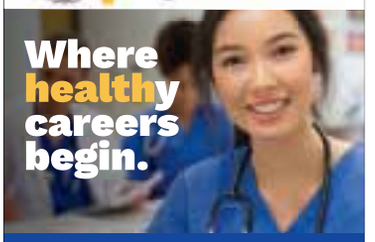

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GOVS OFF

Both Gov. Andrew Cuomo and challenger Marc Molinaro veered off policy talk during Tuesday's debate and instead opted to throw personal jabs at one another. 4

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JEFF TOMIKO, NEWS EDITOR

Gov. Andrew Cuomo went head-to-head with Republican challenger Marc Molinaro in a pretaped debate, and while the evening was supposed to highlight policy differences about health care, MTA, and campaign reform, it quickly devolved into a shouting match of insults and personal jabs. Molinaro blamed Cuomo for putting NYC's subways into a "death spiral" while Cuomo demanded his opponent announce his allegiance to President Donald Trump. Just Cuomo being Cuomo, or is this prepping for a 2020 run for the White House? Read more at **metro.us.**

TRUMP: SAUDIS STAGED 'WORST COVER-UP EVER'

1 President Donald Trump said on Tuesday Saudi authorities staged the "worst cover-up ever" in the killing of prominent journalist Jamal Khashoggi this month, as the United States vowed to revoke visas of some of those believed to be responsible. Trump spoke hours after Turkey's president, Tayyip Erdogan, dismissed Saudi efforts to blame Khashoggi's death on rogue operatives. Erdogan urged Riyadh to search "from top to bottom" to uncover those behind Khashoggi's death in the Saudi consulate in Istanbul on Oct. 2, an incident that has prompted global outrage and strained relations between Riyadh and Washington. Asked by a reporter how the Khashoggi killing could have happened, Trump said: "They had a very bad original concept. It was carried out poorly, and the cover-up was one of the worst in the history of cover-ups." Trump's comments have ranged from threatening Saudi Arabia with "very severe" consequences and mentioning possible economic sanctions, to more conciliatory remarks highlighting the country's role as an ally against Iran and Islamist militants.

BOLTON: WE'LL QUIT ARMS CONTROL TREATY

2 Washington will press ahead with a plan to quit a landmark nuclear arms control pact despite objections from Russia and some European countries, senior U.S. official John Bolton said on Tuesday, after meeting Russian President Vladimir Putin. Bolton had a 90-minute meeting in the Kremlin with Putin that resulted in an agreement for the Russian leader to hold talks with President Donald Trump in Paris next month, their first meeting since a July summit in Helsinki. But the Moscow talks appeared to yield no breakthrough over Trump's stated desire for Washington to leave the Intermediate-Range Nuclear Forces (INF), a step Moscow has decried as dangerous and many European countries have warned could reignite a Cold War-style arms race. "There's a new strategic reality out there," Bolton told a news conference, adding that the Cold War-era treaty did not address new missile threats from countries such as China, Iran and North Korea, and was therefore redundant. "In terms of filing the formal notice of withdrawal, that has not been filed but it will be filed in due course," he said.

WORLD'S LONGEST SEA BRIDGE OPENS BETWEEN HONG KONG AND CHINA

3 An evening view of the Hong Kong-Zhuhai-Macau bridge and its entrances to a cross-sea tunnel on Tuesday in Hong Kong. The world's longest sea bridge, which spans 34 miles, linking the cities of Hong Kong, Macau, and Zhuhai on China's southern coast of Guangdong province, is set to open this week as part of Beijing's plan to merge 11 cities in its southern region into one megalopolis. China's president Xi Jinping attended the official opening on Tuesday as the bridge is set to start operation on Wednesday, after nine years in the making.

GETTY IMAGES

MEXICAN RESORT ON PACIFIC BRACES FOR WILLA

4 Thousands of people were evacuated, buildings were boarded up and schools closed on Mexico's Pacific coast on Tuesday as Hurricane Willa threatened to pummel tourist resorts with high winds and heavy rains. Residents had sealed windows and doors with wooden planks on hotels facing the historic downtown boardwalk of Mazatlan, a popular coastal city in the northwestern state of Sinaloa. Willa, which weakened to a Category 3 on the five-step Saffir-Simpson scale on Tuesday morning, was blowing maximum sustained winds of about 120 miles per hour (193 kph) with higher gusts, the Miami-based National Hurricane Center said. It had reached rare Category 5 status on Monday with winds near 160 mph (260 kph) before weakening. Forecast to be one of the most powerful hurricanes to enter Mexico from the Pacific in recent years, Willa was due to weaken further before striking the land Tuesday evening. On Tuesday afternoon the storm was about 105 miles south-southwest of Mazatlan, the hurricane center said.

DC PROSECUTORS OPEN PROBE OF ARCHDIOCESE

5 The District of Columbia has opened a civil investigation into whether the Archdiocese of Washington covered up sexual abuse of minors by Catholic clergy, the D.C. attorney general told local elected officials on Tuesday. At least 13 states and the District of Columbia are conducting civil or criminal investigations into allegations of sexual misconduct or cover-up by the Catholic Church, Attorney General Karl Racine said, according to his office. The Roman Catholic Church has been enmeshed in a sex abuse scandal that has enveloped clergy in a number of countries, including the United States, Germany, Chile, Australia and Ireland. In August, Pope Francis issued an unprecedented letter to all Catholics vowing that there would be no more cover-ups of sexual abuse by clergy. The former archbishop of Washington, Theodore McCarrick, 88, resigned from the College of Cardinals in July. He has denied allegations that he sexually abused a 16-year-old boy in the early 1970s when he was a priest in New York. Church officials have deemed the accusations credible.

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Cuomo, Molinaro get more personal than policy in debate

Both the governor and challenger traded insults in perhaps the one and only gubernatorial debate.

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GETTY IMAGES

With vitriol and insults more reminiscent of recent U.S. presidential debates, New York Gov. Andrew Cuomo and GOP challenger Marc Molinaro did battle in Midtown Manhattan at the CBS Broadcast Center on Tuesday, just two weeks before the gubernatorial election on Nov. 6.

Hosted by CBS 2's Marcia Kramer and WCBS New Radio 880's Rich Lamb, the sparks quickly flew in the one-hour prerecorded debate as Cuomo, a Democrat, and Molinaro, a Duchess County executive, directly challenged — and interrupted — each other on issues including taxes, health care, MTA, and President Donald Trump.

The lack of decorum was quickly established as both candidates shouted over each other and the moderators while cajoling for more speaking time.

Cuomo focused on Molinaro's White House connection, calling his opponent an acolyte of Trump, and referred to him as Trump's "Mini-Me" while repeatedly asking his opponent, "Do you support Donald Trump? Just say it, just say you support him."

Molinaro returned volley with accusations of keeping New York City's troubled transit system, the Metropolitan Transportation Authority, at arm's length.

"The governor has abandoned responsibility for the MTA and we've seen it in a total death spiral over the course of the last several years, with on-time rates declining, with those with disabilities not being able to access subway platforms... we see the continued delay," Molinaro said.

Cuomo's response: "You have never seen a governor take more responsibility for the MTA."

"When are you going to stop lying?" Molinaro said.

But it wasn't only the candidates who were in a feisty mood as WCBS-TV moderator Kramer jokingly told Cuomo, "Don't make me punch you out," as he tried to plea for more time to respond following an evening of interruptions.

The evening ended on a lighter note with a "lightning round" that including questions like what would each candidate do if they won the Mega Millions jackpot (both: establish a trust fund for their families), their favorite kind of sausage (Italian and kielbasa for Cuomo, Italian for Molinaro), and which song best represents their campaign ("Empire State of Mind" for Cuomo, "Don't Stop Believing" for Molinaro).

Considered Cuomo's one and only debate, there is another forum, sponsored by the League of Women Voters of New York, at The College of Saint Rose in Albany on Nov. 1; however, the governor has yet to accept.

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Location: 760 Broadway, 10th Floor Solarium, Brooklyn, NY

To attend this lecture, please call 718-963-5771.

Cancer Awareness and Education Day
Date: Saturday, November 3 Time: 9:00 am–3:00 pm
Location: 101 Mineola Boulevard, Mineola, NY

Annual Lung Cancer Awareness Program: Updates on Research and Clinical Care
Date: Monday, November 5 Time: 11:00 am–1:00 pm
Location: 550 First Avenue, Smilow 1st Floor Seminar Room

Updates on Cancer Clinical Trials
Date: Thursday, November 15 Time: 6:00–7:30 pm
Location: 550 First Avenue, Smilow 1st Floor Seminar Room

Express Yourself: Journaling Workshop for Cancer Patients
Date: Tuesday, November 20 Time: 6:00–7:00 pm
Location: 160 East 34th Street, 11th Floor, Room 1121

Managing Stress with a Prostate Cancer Diagnosis
Date: Thursday, November 29 Time: 5:30–6:30 pm
Location: 160 East 34th Street, 11th Floor, Room 1121

To attend Perlmutter Cancer Center lectures, please visit nyulangone.org/cancerrsvp, email cancerevents@nyulangone.org, or call 212-263-2266.

HEART HEALTH

The Effect of Obesity on Heart Function
Date: Monday, November 5 Time: 6:00–7:00 pm
Location: 550 First Avenue, Alumni Hall B

To attend Heart Health lectures, please email cvdprevention@nyulangone.org or call 646-501-2190.

CHILD STUDY CENTER

Broccoli? Yuck! Help for Caregivers of Picky Eaters
Date: Tuesday, November 27 Time: 1:00–1:30 pm
Location: Online

To view Child Study Center webinars, please visit nyulangone.org/cscwebinars.

RUSK REHABILITATION

Dealing with Pain
Date: Wednesday, November 28 Time: 5:00–6:45 pm
Location: 240 East 38th Street, Ground Floor Conference Room

To attend Rusk Rehabilitation lectures, please email ruskrsvp@nyulangone.org or call 212-263-6952.

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Six children dead, 12 ill in Jersey med center adenovirus outbreak

A total of 18 children were infected by the virus, prompting a New Jersey medical facility to shut down to new patients.

ANNA HARSTEDT
letters@metro.us

GETTY IMAGES

Six children have died after a "severe outbreak" of adenovirus at the Wanaque Center for Nursing and Rehabilitation in Haskell, New Jersey, according to health officials.

According to a statement from the New Jersey Department of Health, 12 other children have also been infected by the adenovirus, including "medically fragile children," some of whom were on ventilators and had trachea tubes.

"This is an ongoing outbreak investigation," said department spokeswoman Nicole Kirgan in the statement. "A department team is at the facility [Monday] and an inspection team was also there Sunday. The team on Sunday found minor hand-washing deficiencies and the Health Department is continuing to work closely with the facility on infection control issues."

Exactly when the virus broke out is still unclear. The Department of Health said the facility was notified of respiratory illness on-site on Oct. 9, and six days later it sent out a letter to patients' parents informing them about the outbreak.

Adenoviruses are a group of viruses that can infect the membranes (tissue linings) of the respiratory tract, eyes, intestines, urinary tract, and nervous system, according to KidsHealth. It's a common virus that causes a range of illness symptoms such as a sore throat, diarrhea, pink eye and fever.

Kids with weakened immune systems, or existing respiratory or cardiac disease, are at higher risk of developing severe illness from an adenovirus infection.

"Unfortunately, the particular strain of adenovirus in this outbreak is affecting medically fragile children with severely compromised immune systems," said Kirgan. "The strain has been particularly associated with disease in communal living arrangements and can be more severe."

According to the Centers for Disease Control and Prevention, adenoviruses are normally spread from an infected person to others through close personal contact, such as touching or shaking hands, coughing and sneezing. Cases in which people die as a result of the virus are particularly rare. The easiest way to prevent getting infected by the virus is by washing your hands frequently and avoiding touching your face.

The Health Department's statement explained that "the facility has been instructed to not admit any new patients until the outbreak ends and they are in full compliance."

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PAT KING
patrick.king@metro.us

Recent reports have shown that our economy is going through a period of growth right now, which means most employers will be looking to expand and hire more employees. According to the Bureau of Labor and Statistics, the health care industry is poised to be one of these industries. The Bureau projects that health care-related companies will add 18% more jobs overall in 2026 compared to 2016.

For WellCare of New York, which serves Medicaid and Medicare members throughout the state of New York, this means the hiring of well-trained nurses and medical professionals who can not only perform their jobs to the highest standards but who also understand the kind of quality care that their patients really need and deserve to ensure the best possible health outcomes.

"WellCare is recognized as one of the top-performing Medicaid plans in New York," said John J. Burke, the President of WellCare of New York. "These ratings demonstrate how WellCare is helping our members access the right care, at the right time, when they need it most, and reinforces our continued commitment to providing access to quality care for our members."

WellCare of New York President John J. Burke. STEVE GONG

As Burke, president of WellCare of New York, sees it, WellCare prides itself in hiring the holistic health care professional — one who understands the entire process when approaching their patients' needs. This is incredibly important as our population ages. A recent report found that 10,000 people become eligible for Medicare each day.

Healthcare professionals such as registered nurses and social workers play an important role in achieving this. They are in the field providing WellCare members with personalized services, including discharge planning and in-home monitoring of patients after a hospital visit. Or helping women with a preterm newborn to manage the medical and emotional aspects. Through face-to-face visits and telephone check-ins with patients, WellCare care managers help ensure members have access to the right health information and resources.

They also work closely with physicians and other caregivers to ensure the entire health team is on board with what a patient needs and that there are no gaps in care.

"Our care managers get to know our members and learn what they need, both from a health care perspective and what barriers may be in place that are preventing them from a healthy life," Burke said. "At WellCare we help our members overcome social determinates to health like safety, literacy, food needs, or a language barrier. WellCare of New York employees, for example, speak more than 40 different languages. We help our members navigate the system and get the care they need."

WellCare's commitment to serving its community includes regular Days of Service with organizations that often are the same ones helping their members. "We want our employees to live the mission. This means going beyond health care, beyond 'normal' business to help our members," Burke said. "Personally, for me, this is what makes working at WellCare so meaningful. That we are always striving to make an impactful mark on our members."

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Here is why: Knee pain can not only be brutal... it's complex. In other words, it's not a simple, easy fix.

But I'm sure you already know that. Or you wouldn't be reading this.

That's the bad news.

Now for some good news...

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This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

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The Treatment Formula

While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

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This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help you find the right doctor for you.

NYC Pain MD "**Treatment Formula**" A protocol of advanced medical treatments that has already helped thousands.

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- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you MUST KNOW....

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these "gel injections" without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patent. And we have all these treatments offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our "Treatment Formula."

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action… step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

There is so much we want to say to help you... but I'm out of space. Give us a call at ***877-296-6310*** and take the first step. That step is free without obligation.

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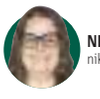
AMAZON

Amazon distribution center coming to Queens

The former Bulova headquarters in Woodside will house Queens' first Amazon distribution center, which will be the state's second.



NIKKI M. MASCALI
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While it may be some time before we know if Amazon HQ2 will set up shop in New York City, the online retailer is increasing its footprint in the city another way: It's opening an Amazon distribution center in Queens.

The forthcoming Amazon distribution center will be located in the former headquarters of Bulova watches at 26-15 Boody St. in Woodside, The Real Deal reported last week.

The campus sits on three acres and includes an 83,000-square-foot facility that Terreno Realty Corporation bought for $25.17 million in March, according to sources cited by the publication.

"We are excited to continue our investment in New York to speed up delivery times for customers and provide great job opportunities for the talented workforce," Amazon spokesperson Amanda Ip said in a statement cited by the Astoria Post.

The Amazon distribution center will employ hundreds of full- and part-time workers and contractors who are slated to make between $18 and $25 an hour, the Astoria Post reported.

The new distribution center in Woodside will be the online retailer's second in New York state. Amazon announced in September 2017 that it would open its first in Staten Island.

That center will be 855,000 square feet and provide more than 2,250 full-time jobs. The employees at that Amazon distribution center will partner with robotics to fulfill orders, from picking and packing to shipping.

Additionally, New York City is one of the 20 finalists for Amazon HQ2, the company's second North American headquarters. Amazon has recently made recent visits to bidders New York City, Newark and Chicago, The Wall Street Journal reported. The WSJ also said Amazon followed up with other bidders such as Miami and Washington, D.C. prior to that.

The $5 billion Amazon HQ2 would provide 50,000 jobs to the winning city, which CEO Jeff Bezos said would be announced by the end of this year.

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The Medical Director of urology is **David Shusterman, MD**. Dr. Shusterman is a board certified urologist who specializes in state of the art compassionate kidney stone treatment.

Safe, effective ways to treat kidney stones

Anyone who has ever suffered from kidney stones knows just how painful it can be. It's little wonder that more than half a million people go to the emergency room for kidney stone problems every year, according to the National Kidney Foundation.

So what are kidney stones? They're essentially hard mineral deposits that form inside the kidneys. When the fluid in urine is unable to break them down, they'll pass through the ureter and bladder—which is generally a painful process. There's a wealth of anecdotal reports likening kidney stone pain to that of childbirth. The truth is that no two cases are alike, but early diagnosis is critical when it comes to getting ahead of it. Many times, this comes down to understanding the specific risk factors that might make you more likely to develop kidney stones. Family history, frequent dehydration, certain dietary issues, and obesity are all on the list. Board Certified Urologist Dr. David Shusterman of NY Urology takes a proactive approach. Thanks to a mix of preventative medicine and some simple lifestyle changes, you may be able to prevent kidney stones before they ever develop.

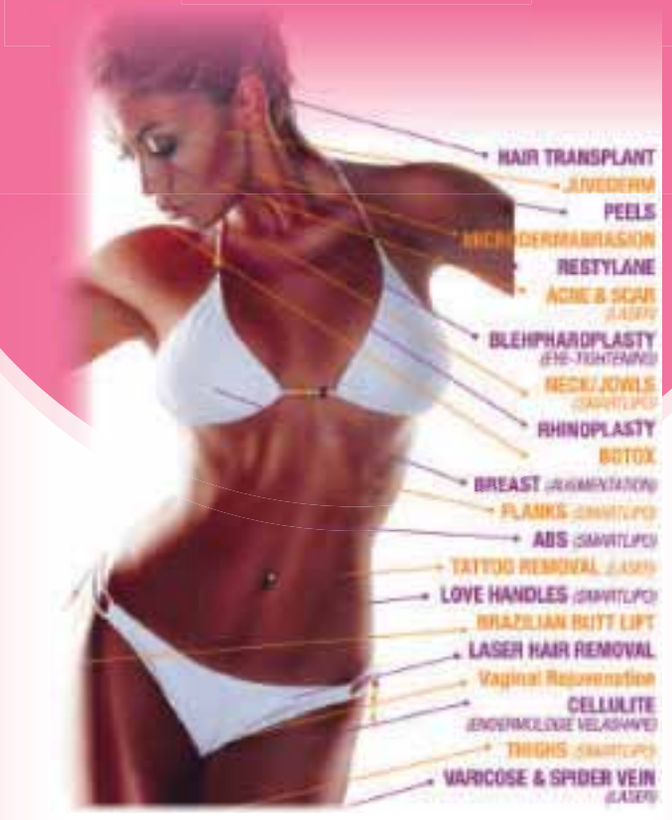
If a kidney stone is already in motion, Dr. Shusterman's expert team can quickly identify it using ultrasound imaging, then get things moving with innovative treatment options that have made NY Urology a nationally recognized leader in the field. He leads with holistic medicine with the goal being to break down kidney stones so that they can pass as naturally and easily as possible. NY Urology provides a cutting-edge, noninvasive treatment called extracorporeal shock wave lithotripsy (ESWL), which relies on sound waves to break apart the stones via focused vibrations. The in-office procedure is completely safe, and recovery is typically pretty swift.

Another option is placing something called a nephrostomy tube into the kidneys. This plastic catheter essentially lets urine drain directly from the kidneys during the treatment process. The result is near-immediate pain relief because you're eliminating backed-up urine and helping things flow more easily. A ureteral stent works in much the same way, bolstering the body's ability to drain urine and, in turn, safely encouraging the natural healing process. The soft plastic stent is temporarily placed directly into the ureter to help urine flow more freely. When ureters are blocked up by kidney stones, pain and discomfort are on the horizon. Stents open these passages.

When all else fails, NY Urology also specializes in minimally invasive surgery using a device called a ureteroscopy to eliminate painful, stubborn kidney stones. Making its way through the urethra and bladder, and into the ureter, the device zeros in on the kidney stone and swiftly removes it. The best part is that it's a fairly straightforward outpatient procedure that requires no incisions. In extreme situations where the stone is too large to remove with a ureteroscopy, Dr. Shusterman may call on a more in-depth procedure that involves a small incision in the back. The upside here is that the success rate is high, helping patients safely get rid of large kidney stones in one fell swoop.

Whether you're looking to prevent kidney stones or address one that's already wreaking havoc, NY Urology is your best resource. Book an appointment today with Dr. Shusterman, located at *800 Second Avenue on the corner of 42nd Street. Call* **(212) 991-9991** and start mapping out a plan for living a pain-free life without kidney stones.

THE RESULTS SPEAK FOR THEMSELVES!



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Mayor agrees to unlimited 9/11 civilian sick leave

GETTY IMAGES

Local unions had urged Mayor de Blasio to grant unlimited sick leave for civilian employees who have 9/11-related illnesses.

KRISTIN TOUSSAINT
kristin.toussaint@metro.us

Mayor Bill de Blasio has agreed to grant unlimited sick leave to New York City civilian workers who were exposed to 9/11 dust at Ground Zero and became ill after participating in rescue, recovery and cleanup operations after the terror attack.

This unlimited 9/11 sick leave will be provided to employees across several city agencies and union divisions, including Emergency Medical Technicians, peace officers, laborers, engineers and more. This sick leave is retroactive to Sept. 11, 2001, the city said, and officials will restore any sick leave taken since then that has been verified to be connected with a certified 9/11-related illness.

The mayor made the announcement with union leaders from District Council 37, Local 3621 and Local 2507. The city estimates that about 2,000 current employees will be covered by this change.

"Today the life path of our beloved sick WTC members took a dramatic, positive step forward," Oren Barzilay, president of Local 2507, said in a statement. "They can now live in peace knowing they don't have to choose between going to work or getting treated for deadly diseases. They no longer have to worry about putting food on the table and keeping a roof over their heads. We're grateful that the city will provide this basic humanitarian necessity to all those who stormed into hell on September 11, 2001."

Word of de Blasio's agreement first came ahead of a planned press conference by union members, 9/11 first responders and local politicians meant to encourage the mayor to take that exact step.

"It's outrageous, frankly, that they made us wait until the press conference began to finally give us this right," said Michael Barasch, a lawyer for the 9/11 community. "I'm glad it happened, but it's too bad it took a press conference to get this done."

> **"They're all coming down with the same cancers, so they should be treated equally."**
> Michael Barasch

Those union members, civilian 9/11 first responders and local leaders were calling on de Blasio to provide the same unlimited sick days already given to firefighters, cops, and to the other workers who breathed in 9/11 dust in the days following the terror attack.

11K
Barasch's law firm represents 11,000 members.

"Other city union members like correctional officers, union sanitation officers union EMTs — they don't get unlimited sick time," Barasch said of how things worked before this announcement. "So if they do come down with any of the 68 cancers linked to World Trade Center toxic dust and they can't work, well guess what? They can't get paid."

Barasch's law firm represents 11,000 members of the 9/11 community, he said, half of whom have cancer or have died.

"They were all breathing the same dust, they all believed the EPA when they said the air was safe," he said, "and they're all coming down with the same cancers, so they should be treated equally."

The push for unlimited sick leave for all 9/11 responders has been gaining steam this year.

In September 2017, Gov. Andrew Cuomo signed legislation expanding unlimited sick leave benefits for public sector employees who participated in 9/11 response efforts, but that bill only applied to those who work outside of New York City.

The Powerful (and little known) Back Pain Treatment Used By Smart New Yorkers Who Don't Want Back Surgery or Opioid Drugs

NEW YORK CITY - A major back pain relief opportunity is at hand. But if you are interested, you must act quickly.

Here is why: Back pain ruins lives... and puzzles doctors.

You go through so many exams and tests... and treatments... and only end up suffering and frustrated.

And everyone is quick to say they have the "new breakthrough solution."

Am I right?

Well, the fact of the matter is... treating back pain is difficult. But advances in modern medical science and technology have created a treatment that has gotten great results with countless back pain sufferers who had tried everything else. Many had given up hope.

This treatment is called: "Radiofrequncy Neurotomy." RF for s short. And here's how is works...

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your back or neck and one of their jobs is to sense PAIN.

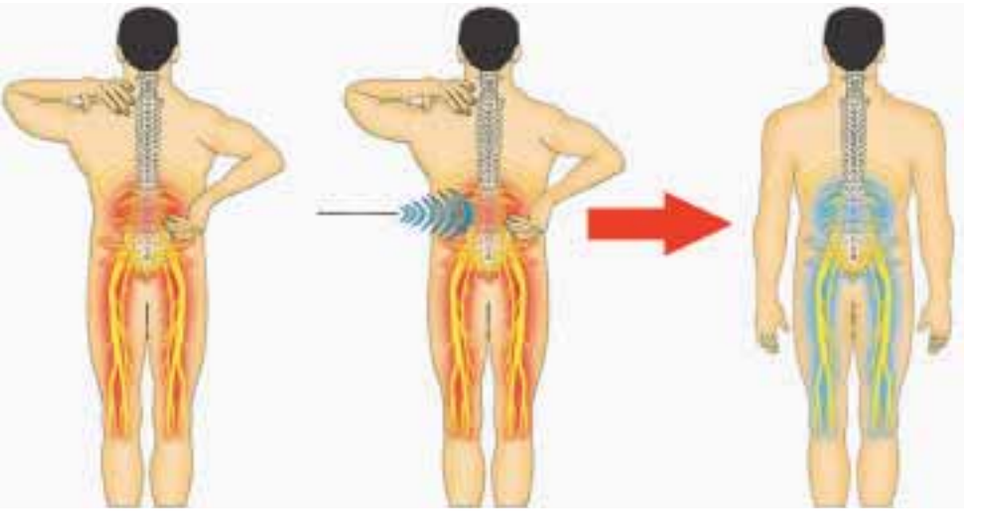
Radiofreqeuncy waves are delivered to these nerves under advanced precision medical imaging to target the damaged areas... done right in their own clinic without intimidating, expensive hospitals or surgical centers ... to "block" the painful nerve flow.

Two steps in the formula are performed. First, a test or diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function. If this first "test" procedure is successful, RF Neurotomy or "Radiofrequency" will be performed for longer term relief.

NOT just the Treatment alone that's the key ingredient.

You see, the real secret is the formula. And that again starts with a proper screening evaluation to determine if you are a good candidate and may achieve the results you are looking forward to. This is always Step number one.

And the best part about this screening is… It's FREE



FREE screening available for powerful back pain treatment

This screening will give you so much relief just knowing what is going on… and what your best options are.

That's right. *NYC Pain MD* offers this first step screening at no cost to patients The only problem is… they often get over 100 inquiries a day as they also treat almost every painful area and joint. Sometimes its hard to get through. If you don't get through to someone when you call… keep calling… or leave a message... it will be well worth it.

But that's just the first step

After your free screening, if you qualify, the doctors will discuss the best treatment plan for you in a way that you will understand completely. Not all complex "doctor talk"...

This may be one… or a combination of the advanced medical treatments offered at NYC Pain MD.

Everything will be explained and all your questions will be answered. And even better:

You will be given all this At NO COST. *NYC Pain MD* doc's are not like used car salesman. They will not be giving you a sales pitch. They are doctors and will give you the best possible options to help your pain and offer to help you the best way they can. In fact, with up to 100 inquiries a day from patient's looking for relief, it's often hard to even get a treatment spot.

You should also know this: While *NYC Pain MD* cannot help everyone… so many have gotten the pain relief they were looking for.

One of the reasons they offer those first step free screenings, is because it has opened the door to so many people to get help that they never would have otherwise.

At the very least, you will finally have some direction and a plan. And... whether you have the best, worst or no insurance at all, *NYC Pain MD* programs can be made affordable to everyone

They do not want insurance issues… or not being rich or famous… to keep you away if you are suffering in pain.

How To Schedule Your Risk-Free No-Obligation Screening Evaluation

There is a whole lot more I could say about their treatments etc… but this space is limited and that's best left for you and the doctors to discuss in person.

So… if you are even remotely interested … take the a first step and give them a call at **877-245-9252** and ask for your free screening.

One more thing... We often get over 100 calls in a single day. For that reason, if when you call you do not get a live scheduling coordinator, make sure to leave your name, number and time of your call on our voicemail. They will get back to you as soon as possible. Again, the number to call is **877-245-9252.** More info at: *painmdny.com/back-pain*

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Transit: Trains: A, B, C, Q, R, 2, 3, 4 & 5, LIRR

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Applications are now being accepted to fill vacancies and replenish the waiting list. This building was constructed through the Mixed Income Program of the New York City Housing Development Corporation. Individuals or households who meet the income and household size requirements listed in the table below may apply. To maximize the utilization of affordable units, married or similarly committed couples are not eligible for 2 bedroom units. Qualified applicants will be required to meet additional selection criteria such as asset limits.

AVAILABLE UNITS AND INCOME REQUIREMENTS

Unit Size		Monthly Rent[1]		Household Size[2]	Annual Household Income[3] *Minimum – Maximum4*		Monthly Rent[1]		Household Size[2]	Annual Household Income[3] *Minimum – Maximum4*
Studio	40% AREA MEDIAN INCOME (AMI) UNITS	$676	→	1 person	$ 25,063 - $ 29,240	130% AREA MEDIAN INCOME (AMI) UNITS	$2,320	→	1 person	$ 79,543 - $ 95,030
1 bedroom		$726	→	1 person	$ 26,846 - $ 29,240		$2,487	→	1 person	$ 85,269 - $ 95,030
				2 people	$ 26,846 - $ 33,400				2 people	$ 85,269 - $ 108,550
2 bedroom		$881	→	2 people	$ 32,194 - $ 33,400		$2,993	→	2 people	$102,617 - $ 108,550
				3 people	$ 32,194 - $ 37,560				3 people	$102,617 - $ 122,070
				4 people	$ 32,194 - $ 41,720				4 people	$102,617 - $ 135,590

[1] Rent includes gas for cooking.
[2] Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.
[3] Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.
[4] Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?

Applications may be downloaded at: https://brodsky.com/affordable-application/7-dekalb-avenue

Applications may be requested by mailing a self-addressed envelope to:

Urban Associates, LLC, P.O. Box 4089, New York, NY 10023

Applications may also be requested by calling **646-767-2570**

Mayor Bill de Blasio • **HPD** Commissioner Maria Torres-Springer • **HDC** President Eric Enderlin

Bomb found in Soros' mailbox

The liberal donor has been a frequent target of anti-Semitic conspiracy theories.

Federal agents on Tuesday were investigating an explosive device that was found in a mailbox outside a New York home owned by billionaire financier George Soros.

Soros, one of the world's biggest donors to liberal groups, was not there at the time. He has become a hated figure among some right-wing activists in the United States and Eastern Europe, and the target of a hostile media campaign by the nationalist government in his native Hungary.

GETTY IMAGES

An employee at the home in Katonah, an upscale hamlet about 41 miles north of New York City, opened a package at around 3:45 p.m. ET on Monday to find what appeared to be an explosive device, the Bedford Police Department said.

Bomb squad technicians detonated it in a nearby wooded area, police said.

Federal investigators treated the package as a possible improvised explosive device but its components and construction were still being investigated, a law enforcement official familiar with the investigation said.

There was no warning of a possible threat to Soros, and there was no continuing threat to Soros or the public, the official said.

The FBI's New York field office did not respond to a request for comment.

It was not clear whether the device was functional, if the package was addressed to Soros or whether it was sent through the mail or left at the mailbox by someone.

Images of the address published by Google Maps show a mailbox on the side of the road in front of a gated driveway.

Soros has donated billions of dollars to his Open Society Foundations, a grant-making organization that funds civil society groups around the world. It has clashed with Hungary's government over its restrictions on immigration and asylum seekers.

The foundation released a statement attributing the incident to degraded political discourse in countries around the world. REUTERS

Feet Hurt? Bunions? Hammertoes? Heel Pain?

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- I have a large bump behind my big toe (or little toe) which is always red.
- I get an extremely painful "cramp" in the area of my third and fourth toes when wearing shoes.
- My toes aren't straight- they are all cocked-up, bent and hurt.
- I have painful calluses on the ball of my foot which keep building up.
- I have corns on my toes which get thick no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly – sometimes they itch.
- My feet just hurt all over when I stand or walk a lot.
- I have numbness, burning, infection, persistent pain, skin rash, or open sores.

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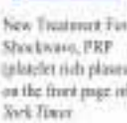

New Treatment For Heel Pain, Shockwave, PRP (platelet rich plasma) as seen on the front page of *The New York Times*

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the GRUMBLE

Pat King
Grumble Editor

Yesterday, we had an impassioned Grumble about the pitfalls of assigned seating at movie theaters and how sometimes you don't get what you bargained for. Today, we have a response in support of curating your own theatergoing experience in advance. Take it away!

READER WRITE INS:

ASSIGNED SEATS AT MOVIE THEATERS — WHAT'S NOT TO LOVE?
I like the fact that there are assigned seats! I know I will have a place with my grandchildren! Where I live, most of the theaters have been upgraded with stadium-style seating, so there isn't any issue with seeing over the person in front of you. In fact, they have reclining seats and some even serve meals and drinks during the movie. Now all they need to do is figure out a way to keep the jerks out who use their phones and make a lot of noise!

– "PA Granny 1953," *Metro Philly reader*

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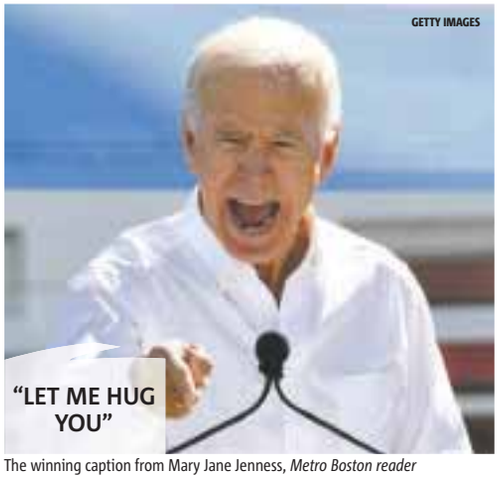


GETTY IMAGES

The winning caption from Mary Jane Jenness, *Metro Boston reader*

TOMORROW'S PHOTO:

GETTY IMAGES

metro.us/horoscopes

Aries Listen to what others have to say, but when it's time to make a choice, do what you feel is best for you. Put some muscle behind your actions.

Taurus There is no room for anger today. Focus on what needs to be done and follow through with determination. A personal improvement can be made.

Gemini If you want to advance, you must put forth the energy required to make the higher-ups notice your efforts. Nothing happens overnight. Patience will be required.

Cancer Compromise will go a long way when it comes to forming solid relationships. Plan activities with family, youngsters or a loved one to brighten your day.

Leo Keep your life simple and affordable. Don't buy into expensive fads or what someone is trying to coerce you into doing. Avoid manipulative people and arguments.

Virgo Don't feel obliged to pay for someone else. Offer suggestions, advice or solutions, but don't take charge. Physical changes will make you feel good. Romance is on the rise.

Libra Weigh the possible consequences before you make a change. Keep an open mind and consider what others are doing. Don't let your emotions take the reins when a quick decision is required.

Scorpio Getting along with others will be half the battle. The other half will be maintaining consistency and fairness. Make love, not war.

Sagittarius Expect the unexpected. Think on your feet and don't skip a beat. Headway can be made if you are quick to react and physically fit. Strength and courage will be necessary.

Capricorn Set the stage for what you want to do. Your determination and dedication will lead to new beginnings and positive changes.

Aquarius Don't let your emotions get away from you when making big decisions. Situations will get blown out of proportion quickly if you don't set some ground rules.

Pisces Concentrate on bringing your ideas to fruition. If you can concoct a plan, idea or service, you can turn it into a reality. Changes can be made if you put in the effort. EUGENIA LAST

LIFESTYLE

All aboard!

Swing dancers and a jazz trio aren't standard subway entertainment, but they should be! ALL PHOTOS EVA KIS

Subway car as art gallery.

Here's what it's like to take a ride on a vintage subway train and relive the MTA's golden age.

EVA KIS
eva.kis@metro.us

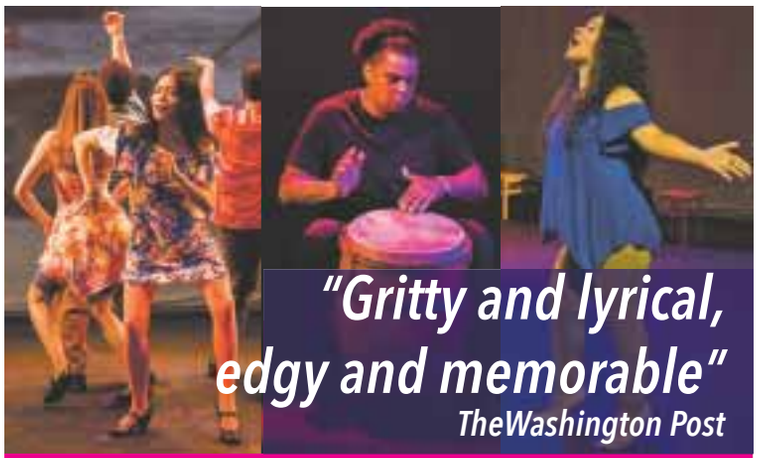
"I've never seen anyone smile on the subway before," an astonished young woman whispered to her friend. Then again, we were taking a vintage train ride on the MTA of the past: a 1930 R-1 "City Car" that served commuters from 1931-1970 and now hosts families, train enthusiasts and, on one recent evening, a rolling party.

This modern version of time travel is made possible by the New York Transit Museum and its stock of vintage train cars dating from as far back as 1907 to 1955, some of which are still in working order and rolled out for the occasional Yankees game or Coney Island field trip. In the case of the Jazz Age-dressed crowd who crowded on the museum's decommissioned Court Street platform, it was a party called New York Through Time hosted by the adventure travel company Atlas Obscura and Chase Sapphire.

Vintage train rides are a particularly romantic notion now that the subway system, opened in October 1904 and feeling very much older than that at times, is literally crumbling around us. But if you have the opportunity to step aboard an antique subway car from another era, it's easy to remember a time when riding the rails was glamorous.

Of course, this wasn't a typical train ride: Each of the five cars had its own era, from 1930s swingers and jazz trio to the divas and cowbells of disco in the '70s and voguing through the '80s. But as with any vintage train ride, the dancers and music were just a momentary distraction from the real draw of the subway: people-watching and feeling like you're part of the lifeblood rushing through the city's veins.

The R-1 may look industrial to a fault, all exposed rivets and utilitarian green paint, a relic of the somber style of the Depression years. But it was also prized for its



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These disco-violinists would've made Donna Summer proud.

speed and large passenger capacity, and even inspired Billy Strayhorn's "Take the 'A' Train." Its ride is surprisingly smooth, much more so than the tilting 4 and 5 express lines or the jerky, screeching R train.

But half the fun was entirely outside the train cars. The R-1 zipped along on the same rails used by the A/C and B/D/E trains, with commuters on the platform whose mouths literally dropped open, seemingly confused about what year it was suddenly, as if they were seeing a phantom train. And of course, plenty who barely glanced up from their phones or were annoyed it wasn't their train.

Riding a vintage train is also a constant reminder of what's changed. The seats on the R-1 certainly were better cushioned than our plastic benches, though the subway ads are difficult to look at for any modern woman. And perhaps the New York Through Time travelers would've felt differently about the R-1 had the ride taken place during a summer afternoon, rather than the unusually cool October evening we enjoyed. (The R-1's ceiling fans are a reminder that they didn't figure out air-conditioning on subway cars until 1967. Then it took until 1993 to finish upgrading the entire subway fleet.) It's felt good to realize not everything, not even the trains, were better in the past. But it was a fun visit nonetheless.

To find out when the Transit Museum's next vintage train ride will be, visit nytransitmuseum.org.

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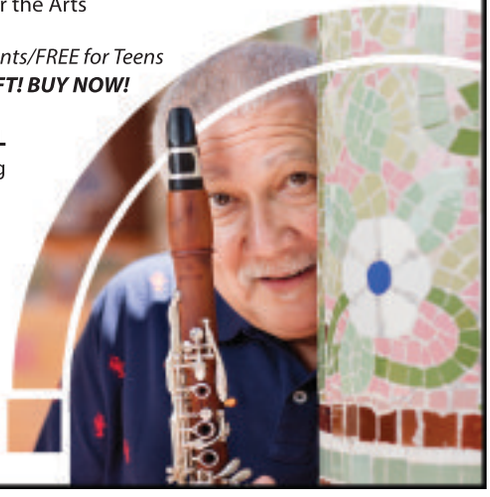

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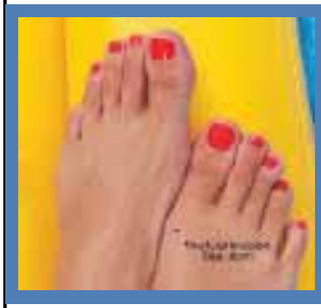

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"Game of Thrones" alum Richard Madden trades in wolf cloaks for a sleek suit in "Bodyguard." ALL PHOTOS NETFLIX

'Bodyguard' comes to Netflix after conquering the BBC

The drama stars "Game of Thrones" alum Richard Madden as a conflicted bodyguard for a controversial politician.

ANDREW HUSBAND
letters@metro.us

If you haven't heard about "Bodyguard," the critically acclaimed BBC miniseries that's about to drop on Netflix, then you may want to take a moment to read this. Why? Because the latest from hotshot U.K. writer Jed Mercurio is about to take the U.S., and the world, by storm.

Starring "Game of Thrones" alum Richard Madden as a former military man-turned-Special Protection Officer named David Budd, "Bodyguard" follows its titular lead as he takes on a new assignment: protecting Home Secretary Julia Montague, played by Keeley Hawes. On the surface, it sounds like Whitney Houston and Kevin Costner's 1992 film "The Bodyguard," but it is quite the opposite.

Instead of Budd and Montague falling for one another, "Bodyguard" deposits both in a "House of Cards"-like world of political intrigue and violent drama in which everything, and everyone, is not what they seem. Budd is supposed to be a serious, all-business and emotionless protector. Montague, as British Home Secretary, is supposed to protect the citizens of England and Wales. Both parties stick to their job titles, of course, but ulterior motives and agendas also drive their actions as well.

What makes "Bodyguard" even more prescient is Mercurio's decision to set it in the modern-day fight (if not struggle) against the prevalence of terrorism, both international and domestic, and the disparate influences that government policies and those who oppose them can have on such atrocities. The first trailer that Netflix dropped for the series features plenty of unfortunately recognizable scenes — a rental truck being used as a battering ram against bystanders, a woman with a bomb strapped to her body — and the show itself is relentless in its efforts to use such instances to make its audiences as retrospective as they are uncomfortable.

And that's the key to what makes "Bodyguard" so good. It's not just another politically-set action thriller with a seemingly superhuman everyman who swoops in and saves the day. Rather, it gives that character trope — in this case, Madden's Budd — a greater sense of agency. It lets him think and feel, an ability that proves most unfortunate for the person in his care, Montague, whose political beliefs and desire for power

butts heads with Budd's past traumas.

Judging by the show's numbers in the U.K., where it aired in August and September, it seems Mercurio's story has struck a fairly resonant chord. It's currently rated "100 percent fresh" on Rotton Tomatoes, where the average critical rating rests at 8.8 out of 10. Audiences, meanwhile, have given the series an average score of 89 percent.

As for viewing numbers, Deadline and other outlets reported that nearly 11 million people tuned in for the finale in late September. The first episode totaled 10.4 million in same-day and on-demand viewing numbers, making "Bodyguard" one of the BBC's most-watched programs in over a decade.

Whether or not these numbers translate to Netflix remains to be seen, if ever, as the streaming giant never releases its internal viewing figures to the public. Considering the show's massive appeal in the U.K., however, it seems they're willing to bet it will be big with subscribers.

"Bodyguard" streams Wednesday on Netflix.

Mets GM search down to 3

The Mets search for a new general manager is almost complete. What could fans expect from each finalist?

JOE PANTORNO
joseph.pantorno@metro.us

Doug Melvin (center) has spent time as the general manager of the Texas Rangers and Milwaukee Brewers GETTY IMAGES

The New York Mets search for a new general manager is down to just three candidates as MLB.com's Anthony DiComo reported on Monday that Chaim Bloom, Doug Melvin and Brodie Van Wagenen are the finalists.

And they couldn't be any more different.

Melvin, who has spent the past 16 years with the Milwaukee Brewers, mostly as the team's GM, was initially considered as one of the favorites for the job and is looked upon as the safe choice for owners Fred and Jeff Wilpon. At 66 years old, he represents everything the Wilpons know about baseball as he is a specialist in scouting and player development.

For a rebuilding Mets team that has to replenish its farm system with prospective, high-end major-league talent, Melvin checks off that box. But that old-school thinking hasn't done much for the Mets recently, especially over the last two years as teams with high expectations have ended up near the cellar of the National League East.

Bloom represents the next generation of running a front office in Major League Baseball as his analytical approach has added to the trend of teams going far beyond the eye test and conventional box score to build a team.

The 35-year-old has done exceptionally well with the Tampa Bay Rays since being named the franchise's senior vice president of baseball operations following the 2016 season. In just two years, he took the Rays from a 68-win team to a 90-win team. Most impressively, he did it with a $78 million payroll.

It might seem like French to the Wilpons, but the fact that Bloom was able to build a contender on such a small budget has to be appealing to New York's front office. After all, this is a big-market club that refuses to dole out big contracts to marquee names. Naturally, that means Mets fans shouldn't get their hopes up about possibly signing the likes of free-agent superstars Bryce Harper and Manny Machado this winter.

Van Wagenen doesn't provide any sort of front-office experience when it comes to baseball. The 44-year-old is a head agent for CAA, one of the most reputable agencies in baseball, and he is one of the most well-respected at his position.

He has no shortage of ties to the Mets as he represents Jacob deGrom, Noah Syndergaard, Yoenis Cespedes, Todd Frazier and Jason Vargas, though he would obviously have to step away from his current position if he was named general manager.

It's worth noting that Van Wagenen has championed for deGrom to receive a contract extension from the Mets, though nothing has happened as of yet. With the NL Cy Young frontrunner under team control (via arbitration) for the next two years, it's safe to assume an extension would get done rather quickly if Van Wagenen was given the reins.

For a team in desperate need of a catcher (among other things), Van Wagenen also represents J.T. Realmuto, the star backstop for the Miami Marlins who has been the subject of trade rumors for the last year.

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Hezonja, New York Knicks' second unit could prompt lineup changes

The starting lineup of the New York Knicks could be seeing some changes far before free agency next summer.

It's not nearly as exciting as the prospect of seeing the likes of Kevin Durant or Kyrie Irving in a Knicks jersey in 2019, but it could help head coach David Fizdale piece together the supporting cast around those big names along with the returning Kristaps Porzingis.

The Knicks have played just four games this season but it's already becoming clear that Fizdale's best group is coming off the bench.

The combination of Mario Hezonja, Noah Vonleh, Damyean Dotson and rookie Allonzo Trier have a plus-29-point differential over the 41 minutes they've played together this year. They helped spark one of two Knicks comebacks on Monday night in a loss to the Milwaukee Bucks, going on a 12-1 run to help erase a 32-19 deficit early in the second quarter.

Mario Hezonja's strong start could see him start at the 4 moving forward. GETTY IMAGES

Trey Burke was responsible for the Knicks' third-quarter surge, erasing a 19-point deficit behind the starting point guard's 16 points during the frame.

Three of those four reserves, Hezonja, Vonleh and Trier, though, are new arrivals via free agency. Trier went undrafted before signing a two-way deal with the Knicks this summer.

Hezonja had his best game as a Knick against the Bucks, posting 18 points on 8-of-16 shooting as he's created a solid partnership with the center Vonleh, who dropped 11 points and added five rebounds in 18 minutes.

Trier has taken advantage of the injuries suffered by Courtney Lee and Emmanuel Mudiay to etch a place coming off the bench. He's averaged 10.5 points per night over his first four games as a pro. Dotson has joined him in the backcourt, posting 10 and 14 points respectively in his last two games.

Realistically, Vonleh, Dotson or Trier won't be slotted into the starting lineup as long as everyone stays healthy. Enes Kanter has the center spot bolstered down while Tim Hardaway Jr. has been the offense's most productive player, averaging 27.0 points per game this year.

But Hezonja could very well take Lance Thomas' spot at the power forward position. Thomas is averaging just 3.3 points in 18 minutes per game, which is not enough even for a defense-first player.

The Knicks are back in action Wednesday night when they visit the Miami Heat. JOE PANTORNO

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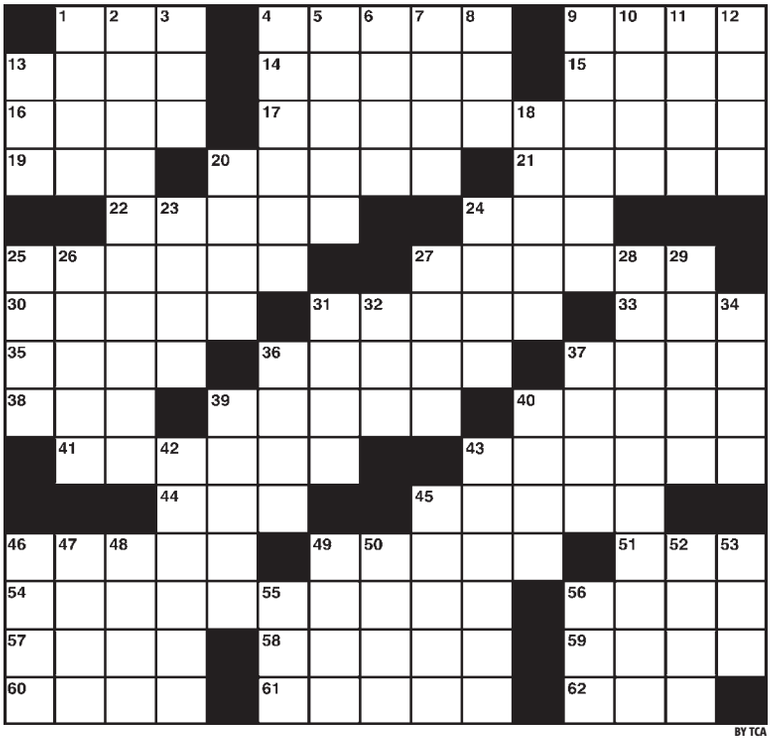

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ACROSS

1 Color
4 Bootees
9 Garrett, for one
13 Beach surface
14 Wading bird
15 Gray wolf
16 Mont Blanc's range
17 Illegible
19 Org. for Falcons & Eagles
20 Wed on the run
21 Pack animals
22 Cairo's nation
24 "__ Along, Little Dogies"
25 Mountain cottage
27 Gambler's woes
30 Desert refuge
31 Like roasted marshmallows
33 "__ Lazy River"
35 Use a dagger
36 One of the planets
37 "Get lost!"
38 Part of a royal flush
39 Refers to
40 Mass of bees
41 Drags one's feet
43 Pieces of celery
44 Spike, for one
45 Gleaming
46 Start of a refrain
49 Might; strength
51 __ Beta Kappa
54 20th-century U.S. president
56 Astonish
57 Call it __; quit work & go home
58 Actor Ed
59 Handsome young man
60 Berry & Griffey
61 Irritable
62 Feminine ending

DOWN

1 __-dollar; U.S. coin
2 Distasteful
3 Bradley & Begley
4 Carve a statue
5 "To be __ to be..."
6 Nag
7 Part of the leg
8 Adriatic or Aegean
9 Explosions
10 Steals from
11 Qualified
12 Mothers of fawns
13 __ Diego, CA
18 Donald Duck's love
20 Watches
23 Insincerely smooth
24 Departs
25 Expense
26 Abhors
27 Gehrig & Costello
28 Fragrant Australian tree
29 Tiny glowing particle
31 __ it; understands
32 Late bedtime
34 Sources of quick cash
36 Contemptible
37 The Ugly Duckling, in reality
39 Spotless
40 Recipe verb
42 Narrow streets
43 Cooking wine
45 "__ Caroline"; Neil Diamond hit
46 Yellowish wood
47 Carousel or Ferris wheel
48 Simile words
49 Sit for an artist
50 Possesses
52 Attila's men
53 Pen contents
55 Head topper
56 "Murder, __ Wrote"

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